



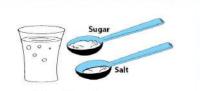
BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

Cut ORS pack, mix in 1 litre safe water. Cover and store

ORS and Zinc for Diarrhoea

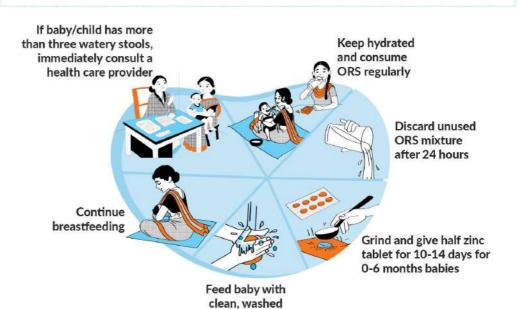


and free from chemical, biological and physical contaminations



Use 6 level teaspoons of sugar and 1/2 level teaspoon of salt dissolved in 1 litre of safe water, if ORS pack is not available

Preparing ORS



hands

HELPLINE 🕲 112





National Disaster Risk Reduction Communication Toolkit

When you are safe, volunteer in rescue operations